



LGS RECREATION

Los Gatos – Saratoga Recreation  
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Spa Dining™

408.957.0661

www.SpaDining.com



## DIABETES FRIENDLY COOKING CLASS

Practical skills in meal preparation for diabetics & pre-diabetics. How to stock a diabetic-friendly pantry and refrigerator. Learn efficient cooking techniques & ingredient substitution, with emphasis on how to make one creative preparation stretch across several meals. In each class, we will cook and enjoy a 3- or 4-course menu that will not leave you hungry.

### INSTRUCTOR

**Cecilia Lam, Founder, *Spa Dining*™**

Cecilia has dedicated two decades of her life toward creating a better dining experience for persons with dietary goals in diabetes control and health management. She holds degrees in Food Science and Nutrition as well as in Food Technology. Check out [www.SpaDining.com](http://www.SpaDining.com)

### FEE

**\$45.00 for each class**

( by prior arrangement, you may bring one family member or caregiver at no additional charge )

### DATE & TIME

**Mar. 3, 2010. Time: 6:00 – 8:30 p.m.**

#### **Meal Planning Sampler**

- ❖ **Smoked Salmon Spread** ❖
- ❖ **French Lentil Soup** ❖
- ❖ **Grilled Chicken with Pesto** ❖
- ❖ **Pasta Primavera** ❖

### LOCATION

**Warner Hutton House**  
In the Saratoga City Hall Complex  
**1377A Fruitvale Avenue**  
**Saratoga, CA 95070-5151**

Program No: 3349.031

To sign up for this class, [Click Here](#)